

Gym

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But what’s her brand? She said at Power Gem, they teach small group fitness class, rope fit, HIIT, strength conditioning and cycling. They also offer personal training. The goal is simple at Power Gem: to create a safe space for women to come and work on becoming their best selves.

“Not only to work out, but to come to and vent, share their frustrations, in a nonjudgmental environment surrounded by like-minded women,” Bridgewater said.

The success of herself and Power Gem started thanks in large part to her oldest son, Torrien, whom she had when she was 21.

“When I became pregnant with him, I was in college and not really performing the way that I knew I could,” Bridgewater said. “My grades were suffering, and mentally I had completely tapped out of school. But after I gave birth to him, all of that changed.”

After his birth, Bridgewater said she had a reason and a purpose. He gave her the “power” to keep going. Five years later, she became pregnant with her twin daughters, Emerald and Sapphire, who are known as her gems. Hence the name, Power Gem.

Bridgewater said she has always loved fitness, ever since a very young age. She remembers going to a gym near her house at 4:30 a.m. then heading to high school.

“It just always made me feel good,” Bridgewater said. “With working out, that’s exactly what it is. Your body vs. your mind in most cases. Mentally it made me stronger once I realized I can do all hard things as long as I controlled my mindset and gave every workout my best effort.”

Through her life and fitness journey, Bridgewater gained grit and determination. This has brought her life full circle with Power Gem, a place she has always dreamed of.

“I’ve always wanted a place where people could come and become the best version of themselves,” Bridgewater said. “Working out has brought me out of some of my darkest moments and made me happy on some of my unhappiest days.”

Observing women transition from wearing long-sleeve shirts and pants in



Crystal Bridgewater has always loved fitness. She remembers going to the gym when she was in high school. After a few years, she lost herself, but her children, Torrien, Emerald and Sapphire, wanted to help others, too.
PROVIDED BY CRYSTAL BRIDGEWATER

the gym to shorts and tank tops brings great joy, Bridgewater said.

She added that It’s not only due to the visible results they are achieving but also because their self-confidence is growing. And that, more than anything, allows her to go out and change the lives of others.

“Their self esteem is enhanced,” Bridgewater said. “Yes, physically their body is changing, but their mental strength is increasing as well. That’s the best part.”

Visit Power Gem’s website for membership and class information.



Bridgewater opened Power Gem of Lafayette on Nov. 1, 2021. Located at 2811 Kaliste Saloom Rd. B in Lafayette, this woman-owned gym offers all-inclusive group fitness classes, personalized cardio and strength conditioning for all levels. AARON GONSOULIN/SPECIAL TO THE DAILY ADVERTISER



of Eden & Outreach Ministries, born out of a desire to bring assistance without discrimination to the beautiful people of Louisiana in need and to prevent and alleviate human suffering wherever it may be found in our communities. Its purpose is to protect life and health and to ensure respect for the human being. We promote mutual understanding, friendship, cooperation and lasting peace amongst all peoples. The Kingdom Sanctuary of Eden is a voluntary relief movement not prompted in any manner by desire for gain.



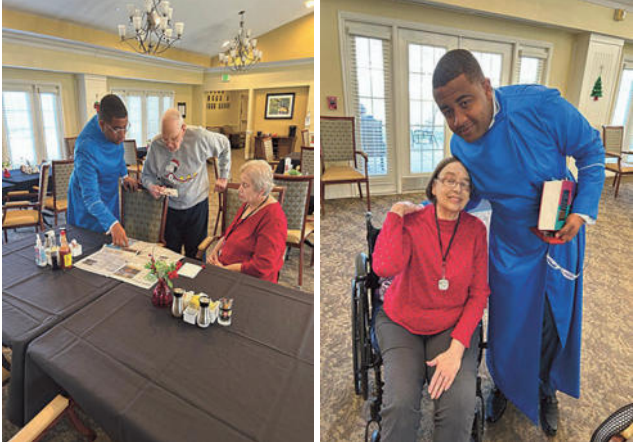
The Kingdom Sanctuary of Eden & Outreach Ministries

The humanitarian outreach of the Kingdom Sanctuary of Eden brings hope to the hopeless around the world giving back to those impacted by delivering Kingdom Care Packages, pounds of food, clothes, and other emergency relief to those suffering from poverty and natural disasters. To continue making an impact on all of God’s people this holiday season and beyond giving in all possible ways that the Kingdom Sanctuary of Eden, our projects emphasize local ownership and community involvement as keys for long lasting success. In all of our work, we employ a holistic approach to meet the physical, emotional, social, and spiritual needs of those we serve. Programs, projects, and activities provide tools and structure, but the real investment is in people and staying true to God. Our newest community clothing donation bin (pictured to the left) located 621 Entrance Rd, Leesville, LA 71446.

The Kingdom Sanctuary of Eden & Outreach Ministries is a community based independent 501 (c) 3 organization headquartered in Leesville Louisiana. The Kingdom Sanctuary of Eden & Outreach Ministries has been delivering a proven approach to engaging individuals, families, and communities in all of Louisiana evaluating their needs; creating transformational action plans; implementing effective strategies; and understanding how and why their actions can create positive change.

The Kingdom Sanctuary

As a visionary, the Kingdom of Heaven Ambassador Joshua Chronicles who leads the Kingdom Sanctuary of Eden is implementing a community credit improvement course and training to increase the purchasing power of individuals and their family members. Joshua’s efforts continued by establishing a Kingdom of Heaven community marriage enrichment in the ministry to strengthen the foundation of Christian marriages. A community clothing ministry closet was established within the Kingdom Sanctuary of Eden to assist with clothing needs. Amongst his future vision, one is to establish a community “food bank” that will feed families in time of necessities for children and their family members.



Your donations are key to saving lives because they make the Kingdom Sanctuary of Eden possible and goes toward doing God’s work in our communities. God Bless you and your family and God Bless America!!!!

Here are the ways you can make a donation:

Donate online at www.KingdomofEden.org or Send it via mail to P.O. Box 51 New Llano LA, 71461. For prayer/counseling call us at 337-509-8389 (24/7)